

Determining the efficacy of treatment of hypertension in patients receiving antihypertensive medications

Abstract

Introduction

Cardiovascular disease and mainly Atherosclerosis are the main causes of human death in advanced countries. If hypertension is not suitably treated, 50% of patients would died of CAD, CHF Symptoms and 33% of them due to CVA and the remaining 10-15 percent would died of Kidney Failure. According to the mentioned objects, by conducting a study, we decided to deal with success rates of the pharmaceutical regimes for patients with hypertension and also with findings about the possible causes of patients who don't response to pharmaceutical regimes such as Drug abuse.

Materials and Methodology

This study, as a clinical trial study, has been conducted over 150 patients infected to hypertension. Patients have been selected from all referrals to heart clinic of Imam Khomeini Hospital. Their primitive information and primitive hypertension data have been monthly entered in a before prepared questionnaire since 6 months earlier. After completing check list, obtained information was inserted to SPSS v16. P values less than 0.05 were considered statistically significant.

Results

This study conducted over 200 patients infected to hypertension. Finally, this study completed with 150 patients and 50 patients excluded from the project due to patients' personal reasons. Among 150 patients under study, 101 people (67.3%) were female. patient's average age was also investigated and obtained as 59.85 ± 9.84 years. Patients' education level was also questioned and it was observed that 129 patients (86%) were illiterate. Alcohol and cigarette usage among patients was also questioned and 2 patients (1.3%) with an alcohol usage record and 36 patients (24%) with cigarette usage record were observed. Additionally, heart failure record was also questioned from patients and it was observed form recent MI records in 23 patients (15.3%), there had been the most common heart disease in PMH patients. In this study, patient's Anthropometric was also examined and it was observed that patient's average length was $161/22 \pm 6/62$ centimeters and their average weight was $69/46 \pm 8/12$ kilograms. And also, it was observed that 58 patients (38.7 percent) had normal BMI.

Conclusion

Results showed that the lack of control in female patients was more than male patients, in fat men it was more than two other groups; and, in smoking men was more than none-smoking men; and also, in people with irregular use of medication it was more than another group; and this variance was statistically significant.

Key words: Hypertension, Atherosclerosis.